



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Simply Sensational Sides

Potatoes are naturally gluten-free and full of heart healthy nutrients. Their dietary fiber helps regulate digestion and offers heart-protective benefits. As a top source of potassium, potatoes may help manage blood pressure. Plus, their Vitamin B6 may also help with metabolism, depression and confusion.

Seems like it's not just an apple a day to help maintain good health - potatoes can be a helpful part of a balanced diet!

So, go ahead and enjoy these plant-forward sides with a few ingredients.

### Air Fryer Accordion Potatoes

#### Ingredients:

- 4 large russet potatoes
- 2 Tbsps. olive oil
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. dried oregano
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/2 tsp. paprika
- 1/2 tsp. dried rosemary
- Fresh parsley for garnish, if desired



#### Directions:

1. Peel the potatoes, then slice off the tops and bottoms followed by the sides to create flat edges. Use the removed potato pieces in another recipe. Slice lengthwise down the peeled potatoes, creating 3 even thick pieces.
2. Place one thick piece of potato between a pair of wooden chopsticks or skewers and slice vertically.
3. Flip the potato and slice diagonally. Repeat with all the potato slices.
4. Mix olive oil, salt, black pepper, dried oregano, onion powder, garlic powder, paprika and dried rosemary in a small bowl.
5. Preheat the air fryer for 5 minutes. Line the basket with parchment paper and arrange the potatoes without overcrowding. Brush seasoning mixture over the potatoes. Cook for 10 minutes then shake and cook for another 8-10 minutes or until golden brown.
6. Transfer to a plate and garnish with fresh parsley. Serve immediately.

Recipe (edited) and image courtesy of [Healthyfamilyproject.com](http://Healthyfamilyproject.com).

### Broccoli Cheddar Stuffed Baked Potato Skins

#### Ingredients:

- 6 russet potatoes
- 2 cups cooked chopped broccoli florets
- 3/4 cup shredded cheddar cheese
- 1/2 cup ranch dressing



Recipe (edited) and image courtesy of [Healthyfamilyproject.com](http://Healthyfamilyproject.com).



#### Directions:

1. Prick potatoes several times with a fork. Microwave on HIGH 5 minutes per potato, set aside to cool. Alternatively, prick potatoes with fork and place on baking sheet. Bake 45-60 minutes in 400°F oven or until tender. Let cool.
2. Cut potatoes in half lengthwise and scoop out inside of potato (this can be mixed with toppings or saved for another dish, like mashed potatoes). Spray skins with cooking spray and place back on baking sheet.
3. Top potato skin halves with broccoli and cheese. Bake an additional 5-7 minutes, or until heated through and cheese melts. Top with Ranch dressing.